

DESTINATION SPA

UTAH
LIFE ELEVATED™

Green Valley Spa & Resort, St. George

UTAH OFFICE OF TOURISM



The Cliff Lodge at Snowbird



A suite at The Spa at Sundance Resort, Provo Canyon



The spa at Homestead Resort, Midway, Heber Valley



The indoor pool at Grand America Hotel, Salt Lake City

Vacationing in Utah isn't just about pushing your limits on the mountain or roughing it in our wild lands. It's about rejuvenating yourself in our world class spas and resorts, indulging in an escape that soothes your body, quiets your mind and renews your spirit. Feel like a new person; stress free, balanced, energized...and on your way to a healthier way of life. Indulge in an ultimate mountain salt glow, feel younger after an eighty minute deep tissue or Swedish stone massage or try getting muddy in a dead sea mud mask.

- ★ Utah's spas have been recognized by *Conde Nast*, *Newsweek*, *Travel and Leisure* and *Outside* magazines.
- ★ Many of Utah's spas have been awarded four star certification by AAA.
- ★ Accolades include #3 in the U.S. by *Travel and Leisure* magazine and 2005 Luxury Travel Awards A-List Top 10, USA Southwest Retreats.

UTAH'S DESTINATION SPAS BY REGION (NOT INCLUDING DAY-ONLY SPAS)

Northern Utah

Sherwood Hills Resort, Wellsville (Logan)

Sherwood Hills is northern Utah's best-kept secret... a year-round resort and spa nestled up against the majestic Wellsville Mountains. This European-style spa offers a complete selection of rejuvenating services, including neck and back massage, classic Swedish massage, deep tissue massage and aromatherapy massages. Enjoy a variety of luxurious skin, scalp, manicure and pedicure treatments.

800-532-5066

www.sherwoodhills.com

Grand America Hotel, Salt Lake City

In the heart of downtown Salt Lake is a tri-level, full service spa - a piece of paradise that is a must experience for every visitor.

801-258-6000

www.grandamerica.com

Homestead Resort, Midway, Heber Valley

Tucked away in the majestic Wasatch Mountains, the Homestead Resort offers a charming alternative to traditional Park City, Utah resorts. Fill your day with a host of activities, or just relax and recover at the Homestead's own Aveda Concept Spa, featuring a full menu of massage, body and nail services. Our scenic Utah hotel has been rejuvenating guests for more than 100 years in a magnificent setting.

888-327-7220

www.homesteadresort.com

The Cliff Lodge, Snowbird Resort, Big Cottonwood Canyon, Salt Lake

Since 1987, the Cliff Spa has served as a place where people can get away and find balance, vitality and relaxation.

801-933-2222

www.snowbird.com

Westgate Park City Resort & Spa, Park City

Boasting a full menu of rejuvenating spa treatments, salon services, and a scenic mountain location, Papillon the Spa at Westgate Park City is a unique and unprecedented resort spa. Specializing in treatments featuring Utah desert botanicals, Papillon the Spa creates an experience for its guests based upon the meaning of Papillon, the French term for butterfly signifying rebirth, renewal,

and awakening of the spirit.

435-940-9444

www.wgparkcity.com

The Grand Summit Resort and Spa, The Canyons, Park City

After a day on the mountain or golf course, what could be more relaxing than a massage or a calming soak in a hot tub? You played hard all day and now you owe it to yourself to be pampered.

Indulge yourself with a body treatment, European facial, manicure, pedicure or massage.

866-604-4171

www.thecanyons.com

Stein Erickson Lodge, Deer Valley, Park City

Guests are treated to head-to-toe pampering, from wonderful treatments featuring healing wraps to deep tissue massages.

435-649-3700

www.steinlodge.com

St. Regis Resort, Deer Crest, Park City

As usual, St. Regis exceeds expectations as it is building Utah's largest spa complete with salon, fitness facility, waterfall and meditation lounge.

888-625-5144

www.stregis.com

Zermatt Resort and Spa, Midway, Heber Valley

Zermatt features one of Utah's largest spas set in a Swiss European-style luxury resort. Relax amidst the well appointed furnishings of the Hotel der Baer, a four story Swiss chalet or the Chateau Hotel Villas. Enjoy the many spa services including massage, herbal, body-wrap, facial, salon, health café, aromatherapy, Finnish sauna, steam and solarium.

877-269-9629

www.zermatt.dolce.com

The Spa at Sundance Resort, Provo Canyon

Native American traditions are blended with organic products and the human touch to bring body, mind and spirit into balance.

800-892-1600

www.sundanceresort.com

800-200-1160 | www.utah.travel
Int'l: 1-801-538-1900



Guest cabins at Sorrel River Ranch, Moab



The Grand America Hotel, Salt Lake City



The Labyrinth presents an orderly path to quiet the mind, Flanigan's Deep Canyon Adventure Spa, Springdale, Zion NP



Red Mountain Resort & Adventure Spa, Ivins (outside St. George)



Northern Utah (continued)

Daniels Summit Lodge, Spanish Fork Canyon

The Retreat Day Spa at Daniels Summit Lodge will renew your strength and sense of self. The Day Spa features many different massages and stress relieving procedures, body wraps, specialized treatments and a variety of other pampering.

800-519-9969

www.danielsummit.com

Southern Utah

Sorrel River Ranch Resort, Moab

This four-diamond getaway was awarded the 2005 Luxury Travel Awards A-List Top 10. With an unparalleled location on the Colorado River, guests bask in the resort's isolation, relaxing atmosphere and scenic views. Featuring luxury lodging accommodations, outdoor activities and amenities, day spa and gourmet dining at The River Grill Restaurant.

877-359-2715

www.sorrelriver.com

Cedar Breaks Lodge and Spa, Brian Head Resort, Cedar City

Amid the serenity of Brian Head Resort lies the promise of complete rejuvenation, from traditional bodywork to the cutting edge in hot stone therapies. Bask in an assortment of luxurious spa treatments, from a traditional Swedish Massage to ease sore muscles or a Pearl Skin Polish to enliven the senses.

888-282-3327

www.cedarbreakslodge.com

Green Valley Spa and Resort, St. George

Experience why Green Valley Spa and Resort was ranked #3 among the top ten spas in the world by Travel & Leisure Magazine. Open to day spa visitors, Green Valley Spa is designed in a Southwestern adobe style motif, with the soothing hues of the desert. The 25,000-square-foot spa features 19 indoor and four outdoor treatment rooms and offers an array of treatments, ranging from massage to soothing herbal soaks to innovative Native American sound and light therapies.

800-237-1068

www.greenvalleyspa.com

Yardly Inn and Spa, Manti

Built before the turn of the century, this Bed and Breakfast has all the warmth and charm of an old English Country Inn with European-style Spa Amenities. In the comfort of a cozy bed and breakfast you can experience some of the finest relaxing, rejuvenating and healing therapies.

801-858-6634

www.yardlyinnandspa.com

Red Mountain Resort and Adventure Spa, Ivins

Framed by Snow Canyon's red rock bluff, you will see why Red Mountain Resort was recommended by *Travel Lady*, *Outside* and *Newsweek* magazines. Each two-bedroom villa is situated on the grounds of the award-winning Red Mountain Spa, surrounded by majestic red rock mountains and indigenous lava beds.

800-407-3002

www.redmountainspa.com

Bridge Health Recovery Center, Rockville, Zion National Park

Surrounded by the famous sandstone cliffs of Zion National Park in southern Utah, The Bridge's innovative, holistic mixture of Eastern and Western therapies have significantly changed the lives of patients suffering from debilitating pain, diabetes and diabetes-related complications, depression, chronic fatigue syndrome and other illnesses. The Bridge's programs are carefully formulated to lessen patients' dependence on medication and doctor visits.

866-850-9907

www.thebridgerecoverycenter.com

Flanigan's Deep Canyon Adventure Spa, Springdale, Zion National Park

Unwind after an active day of hiking, mountainbiking or canyoneering. Therapists are highly trained and proficient in many styles of massage including; Shiatsu, Deep-Muscle Rubs & Sports Recovery Massage. Dine at the Spotted Dog Café & Pub, a casual American Bistro with cozy art filled dining rooms and a Euro-Style Sidewalk Café Pub. Relax in a room, suite or villa adjacent to majestic Zion National Park.

435-772-3244

www.flanigans.com

SPA FINDER WEBSITES

For more detailed information on reservations, rates, treatments, amenities and day-spa listings, please contact specific resorts. For general information or day-spa listings, browse the following web resources:

www.destinationspa.com

www.spafinder.com

www.spaindex.com

www.travellady.com

www.experienceispa.com

Utah's many spas offer weeklong packages, weekend retreats, day getaways or hour escapes. Surrounded by some of Utah's most stunning landscapes, opportunities for hiking, golfing, swimming, kayaking, mountain biking or taking in an outdoor yoga session abound. Along with first class treatments and accommodations, Utah's spas and resorts offer some of the finest and healthiest dining opportunities in the state. Whether it be a solo retreat, a romantic weekend with your partner or a trip with the girls, Utah's spas and resorts are the whole package.